## ABSTRACT OF THE DISCLOSURE

An air cooled or heated blow mold is shown having a mold cavity shell and a

5 mold holder. The mold cavity shell is made by a process of nickel vapour deposition and
so requires no hand finishing or polishing. The mold cavity shell has a cavity portion
with a front face defining a cavity in the shape of a portion of a product to be molded.

The mold holder is located rearwardly of the mold cavity shell and defines an inner wall
spaced from the mold cavity shell cavity portion to define a heat transfer passage

between the inner wall and the cavity portion. In use, air is passed through the heat
transfer passage to transfer heat to or from the mold cavity shell.